

School Health Promotion *Morning Announcements*

MARCH: Power Up With a Healthy Snack



Short:

[Start speaking here.]

It's tempting to snack on chips, fries and sodas – but those kinds of foods are high in fat and calories and low on the good things that your body needs. Good news: You don't need to give up snacks. Just make healthy choices! Here are some snack ideas:

1. **Celery with peanut butter and raisins:** Take a piece of celery, fill it with peanut butter and dot it with raisins.
2. **A glass of milk.** A cup of soy, low-fat or fat-free milk is an easy way to drink a healthy snack.
3. **Whole-grain crackers with low-fat cheese.** Have your parents help you find these "whole grain" and "low-fat" choices in the grocery store.

###

